What's On

November 2026

Mon	Tuesday	Wed	Thursday	Friday
2 **Exercise Medicine Class** 13:00-14:00 Surrey Sports Park	3 **Exercise for Metastatic Cancer** 11:00-12:00 Surrey Sports Park **Meditation** 13:00–13:30 · Creative Arts Room	4 **Exercise Medicine Class** 17:00-18:00 Surrey Sports Park **Qigong** 16:00-16:50 · Surrey Sports Park	5 **Exercise Medicine Class** 09:00-10:00 + 10.15-11.15 Surrey Sports Park **Breathwork Group** 09:30–10:30 · Creative Arts Room **Therapeutic Yoga** 13:00 Surrey Sports Park 14:00 Online **Head and Neck Exercise Medicine Class** 14:00-15:00 Surrey Sports Park	6 **Christmas Reed Diffuser Workshop** 10:00–12:00 · Creative Arts Room **Stitch & Chat** 12:30–13:30 · Health & Well-being Hub **Sound Bowl Healing** 13:00–14:00 · Creative Arts Room **Dance Fitness** 10:00 · Surrey Sports Park **CANC** **Qigong** 11:00 · Surrey Sports Park **CANC** **Therapeutic Yoga** 14:00 · SSP alt weeks
9 **Exercise Medicine Class** **CANC** 13:00-14:00 Surrey Sports Park	10 **Meditation** 13:00–13:30 · Creative Arts Room **Exercise for Metastatic Cancer** 11:00-12:00 Surrey Sports Park	11 **Exercise Medicine Class** 17:00-18:00 Surrey Sports Park **Qigong** 16:00-16:50 · Surrey Sports Park	12 **Exercise Medicine Class** 09:00-10:00 + 10.15-11.15 Surrey Sports Park **Breathwork Group** 09:30–10:30 · Creative Arts Room **Creative Space** 11:00–12:30 · Creative Arts Room **Therapeutic Yoga** 13:00 Surrey Sports Park **CANC** 14:00 Online **Head and Neck Exercise Medicine Class** 14:00-15:00 Surrey Sports Park	13 **Exercise Medicine Class** 11:00-12:00 Surrey Sports Park **Stitch & Chat** 12:30–13:30 · Health & Well-being Hub **Dance Fitness** 10:00 · Surrey Sports Park **CANC** **Qigong** 11:00 · Surrey Sports Park **CANC** **Therapeutic Yoga** 14:00 · SSP alt weeks **CANC** **Sound Bowl Healing** 13:00–14:00 · Creative Arts Room
16 **Living Well on Androgen Deprivation Therapy (ADT) (WS)** 10:30–12:30 · ONLINE **Exercise Medicine Class** 13:00-14:00 Surrey Sports Park	17 **Meditation** 13:00–13:30 · Creative Arts Room **Exercise for Metastatic Cancer** 11:00-12:00 Surrey Sports Park	18 **A Practical Guide for People at Risk of Lymphoedema (WS)** 13:00–14:30 · Surrey Sports Park **Exercise Medicine Class** 17:00-18:00 Surrey Sports Park **Qigong** 16:00-16:50 · Surrey Sports Park	19 **Exercise Medicine Class** 09:00-10:00 + 10.15-11.15 Surrey Sports Park **Breathwork Group** 09:30–10:30 · Creative Arts Room **Therapeutic Yoga** 13:00 Surrey Sports Park **CANC** 14:00 Online **Living Well with Treatment-Induced Menopause (WS)** 12.30-14.30 ONLINE **Head and Neck Exercise Medicine Class** 14:00-15:00 Surrey Sports Park	20 **Exercise Medicine Class** 11:00-12:00 Surrey Sports Park **Stitch & Chat** 12:30–13:30 · Health & Well-being Hub **Dance Fitness** 10:00 · Surrey Sports Park **CANC** **Qigong** 11:00 · Surrey Sports Park **CANC** **Therapeutic Yoga** 13:00 · Surrey Sports Park alt weeks **Sound Bowl Healing** 13:00–14:00 · Creative Arts Room
23 **Exercise Medicine Class** 13:00-14:00 Surrey Sports Park	24 **Meditation** 13:00–13:30 · Creative Arts Room **Exercise for Metastatic Cancer** 11:00-12:00 Surrey Sports Park	25 **Living Well with Cancer-Related Fatigue (WS)** 13:00–15:00 Surrey Sports Park **Exercise Medicine Class** 17:00-18:00 Surrey Sports Park **Qigong** 16:00-16:50 · Surrey Sports Park	26 **Exercise Medicine Class** 09:00-10:00 + 10.15-11.15 Surrey Sports Park **Ayurveda for Wellbeing (WS)** 11:00–12:30 · Health & Well-being Hub **Breathwork Group** 09:30–10:30 · Creative Arts Room **Creative Space** 11:00–12:30 · Creative Arts Room **Therapeutic Yoga** 13:00 Surrey Sports Park **CANC** 14:00 Online	27 **Exercise Medicine Class** 11:00-12:00 Surrey Sports Park **Stitch & Chat** 12:30–13:30 · Health & Well-being Hub **Sound Bowl Healing** 13:00–14:00 · Creative Arts Room **Dance Fitness** 10:00 · Surrey Sports Park **Qigong** 11:00 · Surrey Sports Park **CANC** **Therapeutic Yoga** 14:00 · SSP alt weeks **CANC**
30 **Exercise Medicine Class** 13:00-14:00 Surrey Sports Park	1 **Exercise for Metastatic Cancer** 11:00-12:00 Surrey Sports Park **Meditation** 13:00–13:30 · Creative Arts Room	2 **Qigong** 16:00-16:50 · Surrey Sports Park	3 **Breathwork Group** 09:30–10:30 · Creative Arts Room **Exercise Medicine Class** 09:00-10:00 + 10.15-11.15 Surrey Sports Park **Therapeutic Yoga** 13:00 Surrey Sports Park **CANC** 14:00 Online	4 **Exercise Medicine Class** 11:00-12:00 Surrey Sports Park **Stitch & Chat** 12:30–13:30 · Health & Well-being Hub **Sound Bowl Healing** 13:00–14:00 · Creative Arts Room **Dance Fitness** 10:00 · Surrey Sports Park **Qigong** 11:00 · Surrey Sports Park **CANC** **Therapeutic Yoga** 13:00 · SSP alternate weeks

♫ 5th Nov **Live Harp Music**
11-12.30 Wellbeing Hub, Waiting Area, Level B Royal Surrey Cancer Centre

♫ 27th Nov **Live Harp Music**
11-12.30 Creative Arts Room, The Fountain Centre

(WS) = Workshop

CANC = Session Cancelled